

# HEALTHY TRADITIONS: RECIPES OF OUR ANCESTORS

*Assembled by and nutrient analysis completed by:*

Janice Goodwin, PhD, RD/LRD, FADA  
Judy Hall, MS., RD/LRD  
Department of Nutrition and Dietetics  
University of North Dakota

*Prepared for:*

National Center for Native American Aging  
at the Center for Rural Health  
University of North Dakota  
School of Medicine & Health Sciences  
Grand Forks, North Dakota

*Funded by:*

Administration on Aging  
Grant No. 90-AM-2380

## PREFACE

An essential part of any group's culture is the foods they eat. The preparation of foods and how they are eaten say much about a people's society and the environment in which they lived. This cookbook is a documentation of some of the foods traditionally prepared and eaten by some of the tribes of Native Americans. It is hoped that it will serve as another way of preserving traditional cultures of Native people.

This cookbook would not be possible without the help of many people. The editors thank the National Center for Native American Aging, funded by the Administration on Aging, for supporting this project. We also appreciate the efforts of the directors of the Senior Programs on the reservations who took the time to send recipes and in many cases, several recipes. Finally, we want to recognize the elders of the tribes who recognized the importance of this project and shared their recipes; this document would not be possible without their contributions.

Those who contributed to the development of this cookbook include:

- LaVerne Wyaco, Director, Navajo Area on Aging
- Maliseet Elders, Houlton, Maine

This cookbook is a work in progress. If you are interested in submitting a traditional recipe, please complete the form on page 53 and mail it in. Recipes will also be available on the National Resource Center on Native American Aging's web site <http://medicine.nodak.edu/crh>

# BREADS

## Fried Bread

### Ingredients:

4 C. flour	2 T. powdered milk
1. T. baking powder	1 ½ C. warm water
1 tsp. salt	lard or shortening

Add baking powder, powdered milk and salt to the flour. Mix together. Add the water to form dough. Kneed dough until soft but not sticky. Cover with a cloth and allow to stand for about 15 minutes.

Shape dough into 20 balls then flatten and stretching the dough with the hands and fingers until the dough is flat and round or it may be rolled out with a rolling pin.

Melt the shortening about 1 inch deep in a frying pan. Fry the dough on one side until golden brown, then turn and finish frying.

Servings: 16

Tribe: The Navajo Nation

### Nutrients per serving:

Calories:	173	Total fat:	7 g
Carbohydrate:	24 g.	Saturated fat:	3 g
Protein:	3 g.	Polyunsaturated fat:	3 g
Sodium:	241 mg.	Cholesterol:	0 mg.

## Indian Bread

### Ingredients:

1/4 cup melted shortening	3 cups flour
2 tbsp baking powder	½ tsp salt
about 1 C. water	

Mix together flour, baking powder and salt. Add enough water to make a dough that is not too dry or sticky.

Heat the shortening. Add the dough, pat down flat and cook on both sides until done - about 25 minutes.

Note: The bread can be baked in an oven at 400 degrees F. Bake in an 8x8x2 pan.

Servings: 9

Tribe: Houlton

Contributor: June Joseph

### Nutrient per serving:

Calories:	201	Total fat:	6 g.
Carbohydrate:	32 g.	Saturated fat:	2 g.
Protein:	4 g.	Polyunsaturated fat:	2 g.
Sodium:	397 mg.	Cholesterol:	0 mg.

## Indian Fry Bread

### Ingredients:

3 cups flour	2 tsp sugar (optional)
1 cup milk or water	3 tsp baking powder
1 tsp salt	

Heat shortening in deep pan for frying. Mix dry ingredients thoroughly. Add liquid. Knead batter slightly. Batter can be rolled out on flowered board and cut in strips or pinched off in small balls and flattened into shape. Fry, until browned, turning as needed. Bread will rise with frying.

Servings: 6

Tribe: Ojibwa

Contributor: Ojibwa Seniors

### Nutrients per serving:

Calories:	415	Total fat:	20 g.
Carbohydrate:	52 g	Saturated fat:	3 g.
Protein:	8 g.	Polyunsaturated fat:	11 g
Sodium:	653 mg	Cholesterol:	3 mg.

## Pancake/Griddle Cake

### Ingredients:

2 1/2 cups blue cornmeal	1 tsp salt
1/2 cup white enriched flour	1 cup water
1 1/2 cup canned milk	1 tsp baking powder

Mix the blue cornmeal, salt, baking powder together in a large bowl. Mix water and milk together. Add the liquid ingredients to the dry ingredients. Mix together but don't over mix.

Grease a large skillet and heat. Pour batter on skillet to make a very thin pancake Cook until brown on both sides.

Notes: Usually served with coffee and mutton stew.

Servings: 10 pancakes

Tribe: The Navajo Nation

### Nutrients per serving:

Calories:	170	Total fat:	2 g
Carbohydrate:	34 g.	Saturated fat:	< 1 g
Protein:	5 g.	Polyunsaturated fat:	< 1 g
Sodium:	305 mg.	Cholesterol:	3 mg.

## Pinon Cakes

### Ingredients:

3 C. pinon nuts  
½ tsp. salt

1 C. + 2 T. water  
3 T. oil

Puree the nuts or chop them and then roll them with a rolling pin to make a course meal consistency. Add water and salt and blend. Let the batter sit for an hour at room temperature.

Heat oil in a skillet. Drop batter into oil and form each into a little cake about 3 inches across. Lower the heat slightly. Brown on each side.

Servings: 10

Tribe: Cherokee

Notes: These cakes are served either hot or cold.

- Pinon (pine) nuts are found throughout the southwest (see Edible Plants).
- The pinon nuts can also be eaten raw or roasted directly from the shell; boiled into a gruel, or rolled into balls and eaten as a delicacy.

### Nutrients per serving:

Calories:	146	Total fat:	13 g
Carbohydrate:	4 g	Saturated fat:	4 g
Protein:	15 g	Polyunsaturated fat:	5 g
Sodium:	678 mg	Cholesterol:	45 mg.

## Tortilla

### Ingredients:

4 cups flour  
1 tsp salt  
1 ½ cup warm water

1 tsp baking powder  
2 tbsp powdered milk

Mix flour, baking powder, salt and powdered milk together. Add 1 ½ cups warm water and mix to form dough. Knead until dough is soft but not sticky.

Cover with a cloth and allow to stand for about 15 minutes. Shape into balls 2 inches across then flatten by patting and stretching the dough with the hands and fingers until the dough is flat and round or it may be rolled out by using a rolling pin.

Put flatten dough on a hot grill and let it bake. Tortillas are done when the edges are brown.

Servings: 20

Tribe: The Navajo Nation

### Nutrients per serving:

Calories:	93	Total fat:	0 g.
Carbohydrate:	19 g.	Saturated fat:	0 g.
Protein:	3 g.	Polyunsaturated fat:	0 g.
Sodium:	144 mg	Cholesterol:	0 mg.

## Yeast Bread

### Ingredients:

6 C. flour	1/3 C shortening
2 tsp. salt	2 1/2 C. warm water
3 T. sugar	2 packages dry yeast
2/3 C nonfat dry milk	

Mix the flour, salt, sugar and dry milk together. In another bowl mix the shortening and the warm water. Add the yeast and stir until yeast is dissolved. Add the dry ingredients and stir, blending well. Knead 8-10 minutes or until elastic. Cover and let rise until double, about 1 hour. Make into small rolls or shape into small loaves and let rise for 15 minutes. Bake at 450 degrees for 30-40 minutes or until done.

Servings: 48

Tribe: The Navajo Nation

### Nutrients per serving:

Calories:	77	Total fat:	2 g
Carbohydrate:	13 g	Saturated fat:	1 g
Protein:	2 g	Polyunsaturated fat:	1 g
Sodium:	103 mg	Cholesterol:	0 mg.

# CORN

*"Corn is not simply food to the Indians. To many groups it is the basis of religion and the symbol of fertility and beneficence. "Seeds of Seeds", "Sacred Mother", "Blessed Daughter" and "Giver of Life" are all appellations by which the sacred corn food is addressed. Long tales of how corn came to the Indians and stories of times when the corn maidens visited the ancients were told when the people sat around the fires at night."*

Helen Walker,  
Arikara

## **Blue Corn**

There are several colors of corn including red, blue, pink and black kernels. Some kernels have bands, spots, or stripes on them as well. Corn is central to the religions of many Indian tribes and is especially important for Navajos.

Blue corn is most highly favored by the Navajo's, Hopi's and the Indians of the pueblos. The flavor is considered superior to white and yellow corn. Its nutritional value is also considered to be greater as well. Navajos feel that blue corn is important in the diets of pregnant and nursing women from the onset of labor to the end of lactation.

## Banaha (Corn Shuck Bread)

### Ingredients:

2 cups cornmeal	1 tsp baking soda
1 1/2 cups hot water	1 tsp salt
corn shucks (boil 10 minutes before using)	

Mix the cornmeal, baking soda and salt. Add water until mixture is stiff enough to handle easily. Form small oblong balls and wrap in corn shucks. Tie in the middle with corn shuck string. Drop covered balls into a deep pot of boiling water. Cover and cook 40 minutes. Remove the shucks before serving.

Servings: 4

Tribe: Choctaw (Oklahoma)

Serving suggestions: Serve with gravy and sausage; butter, honey or syrup; with cooked greens and other vegetables and meats such as salt meat, pork chops.

History of recipe: This is traditionally served on special occasions: church meetings, weddings, funerals, Choctaw festivities.

### Nutrients per serving:

Calories:	252	Total fat:	1 g
Carbohydrate:	54 g.	Saturated fat:	0 g
Protein:	6 g.	Polyunsaturated fat:	0 g
Sodium:	564 mg.	Cholesterol:	0 mg.

## Bannock

### Ingredients:

2 C. cornmeal	½ C. berries
3/4 C. water	1/4 C. oil for frying
5 T. oil	

Blend cornmeal water and 5 T. oil. Add the berries.

Heat the oil in a large skillet. Drop the batter by small spoonfuls into oil. Fry until golden brown and then turn, about 5 minutes per side. Drain.

Servings: 6

Tribe: Chippewa

Note: traditionally eaten either hot or cold.

### Nutrients per serving:

Calories:	256	Total fat:	13 g
Carbohydrate:	33 g	Saturated fat:	2 g
Protein:	3 g	Polyunsaturated fat:	7 g
Sodium:	14 mg	Cholesterol:	0 mg.

## Blue Bread

### Ingredients:

1 cup juniper ash and 1 cup boiling water  
2 C. water  
3 ½ cups boiling water  
6 cups cornmeal  
½ tsp. salt

Mix juniper ash with 1 cup boiling water. Put 3 ½ cups water in a pot and boil. Strain juniper water into a pot. Add 6 cups blue cornmeal. Knead until dough is soft but firm. Shape into 30 small patties. Put on hot skillet. Cook until brown on each side.

Mix salt and 2 C. water. Dip the breads in the salt water.

Servings: 30

Tribe: The Navajo Nation

Note on serving: Commonly served with coffee and mutton stew.

### Nutrients per serving:

Calories:	53	Total fat:	1 g.
Carbohydrate:	19 g.	Saturated fat:	0 g.
Protein:	2 g.	Polyunsaturated fat:	0 g.
Sodium:	48 mg.	Cholesterol:	0 mg.

## **Blue Corn Bread (Loaf)**

### **Ingredients:**

1 cup juniper ash and 1 cup boiling water

3 ½ cups boiling water

6 cups cornmeal

Mix 1 cup juniper ash with 1 cup boiling water. Put 3 ½ cups water in a pot and boil. Strain juniper water into the boiling water. Add the blue cornmeal. Remove. Knead until dough is soft but firm. Shape into 2 or 3 loaves. Bake in hot ashes for 1 hour. Brush off ashes and serve warm.

Servings: 30 pieces

Tribe: The Navajo Nation

### **Nutrients per serving:**

Calories:	86	Total fat:	<1 g.
Carbohydrate:	19 g.	Saturated fat:	0 g.
Protein:	2 g.	Polyunsaturated fat:	0 g.
Sodium:	10 mg.	Cholesterol:	0 mg.

## Blue Cornmeal Dumplings

### Ingredients:

1 cup juniper ash and 1 cup boiling water  
3 ½ cups boiling water  
6 cups ground blue cornmeal  
3 cups water in separate pot

Mix juniper ash and 1 cup boiling water. Boil water in a large pot. Strain juniper ashes into the water and stir. Add blue cornmeal and remove from heat. Knead until dough is soft but firm. Shape the dough into small thumb size balls.

Put 3 cups water in a big pot and boil. Add dough to boiling water and stir. Dough will make its own gravy. Serve hot.

Servings: 30 dumplings

Tribe: The Navajo Nation

### Nutrients per dumpling:

Calories:	101	Total fat:	1 g.
Carbohydrate:	21 g.	Saturated fat:	0 g.
Protein:	2 g.	Polyunsaturated fat:	0 g.
Sodium:	3 mg.	Cholesterol:	0 mg.

## **Blue Corn Mush (Taa'niil, Tanaashgiizh)**

### **Ingredients:**

1 cup juniper ash prepared with 1 cup water

3 cups boiling water

4 cups blue cornmeal

Mix 1 cup juniper ash with 1 cup boiling water. Strain ashes into the boiling water and stir. Add 4 cups of blue cornmeal and stir. Boil for 30 minutes, stirring constantly. Take off heat and stir.

Servings: 16

Tribe: The Navajo Nation

Note: Commonly eaten with fried bread.

### **Nutrients per serving:**

Calories:	110	Total fat:	1 g.
Carbohydrate:	23 g.	Saturated fat:	0 g.
Protein:	2 g.	Polyunsaturated fat:	0 g.
Sodium:	12 mg.	Cholesterol:	0 mg.

## Cornmeal Mush/Porridge (Taa'niil)

### Ingredients:

4 cups cornmeal	3 cups boiling water
½ cup wheat sprouts	1 cup juniper ash with
1 cup boiling water	

Mix cornmeal into 3 cups boiling water. Stir and mix well, removing all lumps. Add small amounts of wheat sprouts until sweetened. Add 1 tbsp of juniper ash at a time until mush / porridge thickens. The mush is then set outside to chill overnight. The mush is ready when the mush/porridge turns into a frozen jello- like pudding.

Servings: 15

Tribe: The Navajo Nation

Note: This mush is only made during the winter months when temperatures are very cold.

### Nutrients per serving:

Calories:	142	Total fat:	1 g
Carbohydrate:	30 g.	Saturated fat:	0 g
Protein:	3 g.	Polyunsaturated fat:	0 g
Sodium:	4 mg.	Cholesterol:	0 mg.

## Corn Bread or Johnny Cakes

### Ingredients:

1 cup flour  
1 1/4 cup water or 1 cup water + 1/2 cup dry milk  
3 tbsp sugar  
3 1/2 tsp baking powder  
1 tsp. salt  
1 cup cornmeal  
1 egg  
1/4 cup melted shortening

Sift together flour, sugar, baking powder and salt. Add egg and cornmeal. Combine water and melted shortening. Pour into flour mixture and stir just enough to moisten dry ingredients. Do not beat. Pour into well-greased 8x8x2 inch baking pan. Bake at 425 degrees F for 25 minutes or until golden brown.

Servings: 9

Tribe: Maliseet

### Nutrients per serving:

Calories:	175	Total fat:	7 g.
Carbohydrate:	26 g.	Saturated fat:	2 g.
Protein:	3 g.	Polyunsaturated fat:	2 g.
Sodium:	460 mg.	Cholesterol:	21 mg.

## Ground Cake

### Ingredients:

- 50 lb. stone ground yellow cornmeal
- 50 lb. stone ground whole wheat flour
- 12 lb. coarsely strong ground sprouted wheat
- 1 large pail of simmering water
- 10 lb. brown sugar
- 5 lb. raisins
- 1 basketful of corn husks

Mix the cornmeal and wheat flour. Add the water, handfuls at a time, stirring constantly. Stir the cornmeal mixture with stirring sticks ('adistsiin), removing all lumps. Add the sugar sparingly, until all the cornmeal is used. Add the wheat sprouts and raisins. Soak the corn husks.

Dig a pit in the ground about 1 yard across and 10 inches deep. Build a fire in the pit. When the pit is thoroughly heated, remove the hot coals. Line the pit with several layers of pre-soaked corn husks. Pour the mush into the layers of corn husks and cover the mush with the remaining corn husks. Cover with moist dirt and then cover with the coals. Build a fire over the pit. Keep the fire going for 8 hours until the cake is cooked.

'Adistsiin (stirring sticks) is made from sticks of sage or geasewood tied in the middle. It is used by Navajo women to stir mush and as a strainer to catch pieces of ashes as the water in which the ash has been soaking is poured into the cornmeal.

**Servings:** Unable to determine

**Tribe:** The Navajo Nation

**Nutrients per serving:** Unable to determine

**Nutrients for entire recipe:**

Calories:	201,885	Total fat:	1 g.
Carbohydrate:	42,341 g.	Saturated fat:	0 g.
Protein:	5644 g.	Polyunsaturated fat:	0 g.
Sodium:	3706 mg.	Cholesterol:	0 mg.

## Kneeldown Bread (Nitsidigo'i)

### Ingredients:

12 ears of fresh corn      softened corn husks

Scrape the kernels from 12 ears of fresh corn. Grind the kernels on a metate\* into a mush. Make small packages of the mush by wrapping them in corn husks.

Dig a pit in the ground about one yard across and 10 inches deep. Build a fire in the pit. When the pit is thoroughly heated, take the hot coals out and place the packages in the ground and cover with some fresh leaves and slightly moist dirt, cover with coals. Build a fire over it and bake at least one hour.

\*Metate is a stone with a concave upper surface used as the nether millstone for grinding grains and especially maize (Indian corn).

Serves: 12

Tribe: The Navajo Nation

Use of recipe: After cooking packages are removed from the pit and served hot with mutton stew, or dried and preserved for the winter.

### Nutrients per serving:

Calories:	83	Total fat:	1 g.
Carbohydrate:	19 g.	Saturated fat:	0 g.
Protein:	3 g.	Polyunsaturated fat:	0 g.
Sodium:	13 mg.	Cholesterol:	0 mg.

## Navajo Blue Corn Noodles

### Ingredients:

6 C. blue corn meal

$\frac{1}{2}$  C. juniper ash

4 C. boiling water

Mix juniper ash with boiling water in a large bowl. Add the blue corn meal, a small amount at a time until a soft dough is formed.

Form dough into small balls about 1  $\frac{1}{2}$  inches in diameter. Drop into boiling water. Boil for about 45 minutes.

Servings: 20

Tribe: The Navajo Nation

Contributor: Gladys Begay and Marieta Topaha

Use of recipe: Commonly served with roasted or stewed mutton and outdoor cooked tortillas.

### Nutrients per serving:

Calories:	156	Total fat:	2 g.
Carbohydrate:	30 g.	Saturated fat:	0 g.
Protein:	3 g.	Polyunsaturated fat:	0 g.
Sodium:	1 mg.	Cholesterol:	0 mg.

## Navajo Cake

### Ingredients:

6 C. water  
½ C. raisins  
4 C. pre-cooked blue cornmeal  
½ C. wheat sprouts  
2 C. pre-cooked yellow cornmeal  
½ C. brown sugar

Add the two cornmeals to the water. Add the raisins, wheat sprouts and brown sugar. Blend well dissolving all lumps. Pour into a 9" X 9" baking pan and cover with foil. Bake at 250 degrees for 4 hours.

Servings: 10

Tribe: The Navajo Nation

Notes: Navajo cake is identical to ground cake except for the method used to bake the cakes.

### Nutrients per serving:

Calories:	380	Total fat:	1 g.
Carbohydrate:	84 g.	Saturated fat:	0 g.
Protein:	8 g.	Polyunsaturated fat:	0 g.
Sodium:	13 mg.	Cholesterol:	0 mg.

## **Navajo Roasted Corn (Neeshjizhii)**

To prepare Navajo roasted corn, one must build a fire in an adobe oven and keep it going all day. Clean out all the ashes and put in the ears of corn, including the husk, and keep it going all day. Clean out all the ashes and put in the ears of corn and  $\frac{1}{2}$  bucket of water. Seal the oven with a rock and mud. Let the corn bake all night. In the morning, scrape the kernels off the ear and dry in the sun.

Dried corn can be used in many different dishes once it is prepared. The most popular dish is hominy stew.

Tribe: The Navajo Nation

## **Sweet Tamales (Nijilo'i)**

### **Ingredients:**

- 25 lbs of white cornmeal
- 1 cup white sugar
- 2 cups raisins
- 1/4 cup ground wheat sprouts
- 1 basketful of corn husks
- 1 large pot of simmering water

Mix white cornmeal in handfuls into a large pot of simmering water. Stir the cornmeal with stirring sticks, removing all lumps. Add the sugar. Add the raisins. Stir. Stir in the wheat sprouts.

In a separate pan soak corn husks in simmering water. Make small packages of the cornmeal by wrapping them in soaked corn husks and tie with strips of corn husks. Put the wrapped packages in a pot and boil for 1 hour, adding water as needed. Cool.

**Servings:** approximately 300

**Tribe:** The Navajo Nation

**Note:** Commonly served with coffee and mutton stew.

### **Nutrients per serving:**

Calories:	144	Total fat:	1 g.
Carbohydrate:	31 g.	Saturated fat:	0 g.
Protein:	3 g.	Polyunsaturated fat:	0 g.
Sodium:	2 mg.	Cholesterol:	0 mg.

# MAIN DISHES

## **Backbone Hominy Stew**

### **Ingredients:**

10 pieces of backbone of mutton

1 large pot of boiling water

8 ox. dry roasted corn

Cut up the mutton for stew. Put water in a large pot and bring to a boil. Add the backbone of mutton and dry roasted corn and boil for 8 hours. Add 1 cup of water every hour until meat is tender.

**Servings:** 6

**Tribe:** The Navajo Nation

**Note on serving:** Serve hot with fried bread and coffee.

### **Nutrients per serving:**

Calories:	292	Total fat:	12g.
Carbohydrate:	29 g.	Saturated fat:	4 g.
Protein:	17 g.	Polyunsaturated fat:	0 g.
Sodium:	47 mg.	Cholesterol:	46 mg.

## Blood Sausage

### Ingredients:

4 C. sheep blood	3 C. chopped potatoes
4 C. yellow cornmeal	1 C. muscle meat
1 tsp. salt	1 ½ C. sheep fat
1 tsp. red chile powder	
1 sheep stomach, thoroughly washed	

Mix the sheep blood and the sheep fat. Add the cornmeal, salt, chile powder and mix. Add the potatoes and the meat and mix well.

Stuff the stomach with the blood sausage and tie the stomach closed with a string.

Bring 3 quarts of water to a gentle boil. (Caution: sausage may burst if the water is boiling too hard.) Boil the sausage about 30 minutes, until sausage is brown. Add water to the pot if needed.

Servings: 20

Tribe: The Navajo Nation

Note: The sausage is also cooked by roasting in a fire pit.

### Nutrients per serving:

Calories:	283	Total fat:	13 g.
Carbohydrate:	1 g	Saturated fat:	6 g
Protein:	1 g	Polyunsaturated fat:	<1 g
Sodium:	227 mg	Cholesterol:	40 mg.

## Bullets

### Ingredients:

2 lb. ground beef	$\frac{1}{2}$ C. chopped onion
1 C. flour	1 tsp. salt
1/4 tsp. pepper	

Mix ground beef and onion. Add remaining ingredients. Shape into balls about 1  $\frac{1}{2}$  inches in diameter. Roll balls lightly in flour.

Bring a large pot of water to a boil. Drop the balls into the water. Cook about 25-30 minutes or until there is no pink in the middle of the balls.

Servings: 30 balls

Tribe: Chippewa

Note: Bullets are usually served with boiled potatoes and gullet.

### Nutrients per serving:

Calories:	104	Total fat:	7 g
Carbohydrate:	4 g	Saturated fat:	3 g
Protein:	6 g	Polyunsaturated fat:	<1 g
Sodium:	98 mg	Cholesterol:	24 mg.

## Moose Meat Chili

### Ingredients:

2 cloves garlic, minced  
2 onions, chopped  
2 lbs. ground moose meat  
2 cups tomato sauce  
4 tbsp. chili powder  
1 tbsp unsweetened cocoa  
1 tbsp vinegar  
1 tsp each of cumin, paprika, salt  
 $\frac{1}{2}$  tsp each of pepper, all spice, cinnamon  
1 tsp. honey or molasses  
1 can dark red kidney beans  
1 can black beans

In 4 cups of water, boil ground meat for 30 minutes. Add remaining ingredients except the beans. Simmer 3 hours uncovered. Add beans and the last hour of cooking.

Servings: 8

Tribe: Maliseet

### Nutrients per serving:

Calories:	276	Total fat:	2 g
Carbohydrate:	29 g.	Saturated fat:	< 1 g
Protein:	33 g.	Polyunsaturated fat:	< 1 g
Sodium:	547 mg.	Cholesterol:	67 mg.

## **Mutton Burgers**

### **Ingredients**

4 cups (1 ½ lb) diced raw mutton

½ tsp. salt

½ cup chopped onion

Put 4 cups raw mutton in a bowl and grind with meat grinder. Add onion and salt and mix well. Make into patties and fry in skillet. Serve like you do hamburgers with tortilla or fried bread.

**Servings: 8**

**Tribe: The Navajo Nation**

### **Nutrients per serving:**

Calories:	325	Total fat:	27 g.
Carbohydrate:	1 g	Saturated fat:	12 g.
Protein:	19 g.	Polyunsaturated fat:	2 g.
Sodium:	214 mg.	Cholesterol:	83 mg.

## Mutton Loaf

### Ingredients:

2 cups (3/4 lb.) diced mutton  
½ cup canned tomatoes  
1 cup chopped bread  
½ cup chopped onion  
½ tsp salt  
1 tbsp chopped celery  
1/4 tsp pepper

Grind the mutton with a meat grinder. Add canned tomatoes, copped bread, onion, salt, celery, pepper. Mix well and form into a loaf. Place in 8½" x 11" pan. Bake in oven at 350 degrees for 45 minutes.

Servings: 6

Tribe: The Navajo Nation

### Nutrients per serving:

Calories:	152	Total fat:	9 g.
Carbohydrate:	8 g.	Saturated fat:	4 g.
Protein:	11 g.	Polyunsaturated fat:	0 g.
Sodium:	295 mg.	Cholesterol:	35 mg.

## **Mutton Stew**

### **Ingredients:**

4 C. (1.5 lb) diced mutton  
cut up vegetables \*  
6-8 C. water  
spices (optional)

The meat is boiled in the water for at least 30 minutes. Vegetables are added. Spices can be added to taste. The stew cooks until the vegetables are done.

**Servings:** 6 (using the quantity of vegetables listed below)

**Tribe:** The Navajo Nation

**Notes:** Usually eaten with fried bread and coffee.

### **Nutrients per serving:**

Calories:	352	Total fat:	27 g.
Carbohydrate:	7 g.	Saturated fat:	12 g.
Protein:	20 g.	Polyunsaturated fat:	2 g.
Sodium:	102 mg.	Cholesterol:	83 mg.

\* used: 1 C. potatoes, 1 C. carrots, 1 C. celery for nutrient analysis

## Navajo Taco

### Ingredients:

2 medium tomatoes, diced  
2 medium onions, diced  
½ pound shredded cheddar cheese  
2 cups lettuce  
shredded ground chile peppers (optional)

### Prepared ingredients:

4 pieces of fry bread      2 cups cooked pinto beans

Put fry bread on plate. Put other ingredients on top of fry bread in the following order: beans, fresh ingredients, cheese.

Servings: 4

Tribe: The Navajo Nation

Note: Commonly eaten with chile or chile sauce

### Nutrients per serving:

Calories:	680	Total fat:	28 g.
Carbohydrate:	80 g.	Saturated fat:	14 g.
Protein:	29 g.	Polyunsaturated fat:	3 g.
Sodium:	990 mg	Cholesterol:	60 mg.

## Pinto Beans

### Ingredients:

2 cups washed pinto beans  
6 cups water  
1 tsp. salt  
1/4 cup sheep fat (shortening or lard)  
4 cups water

Soak beans in 6 C. water overnight. Drain the water, rinse the beans. Add the salt, sheep fat, and 4 C. water to the beans. Boil until tender over medium heat, for about 6 hours.

Servings: 4

Tribe: The Navajo Nation

### Nutrients per serving:

Calories:	146	Total fat:	13 g
Carbohydrate:	4 g	Saturated fat:	4 g
Protein:	15 g	Polyunsaturated fat:	5 g
Sodium:	678 mg	Cholesterol:	45 mg.

# SOUPS

*Soup in some form is the daily dish. The soup kettle is always Bubbling over the fire for members of the family and friends to help themselves when hungry. The Dakota word for soup is Wahampi".*

Helen Walker, Arikara

## **Hull Corn Soup**

### **Ingredients:**

½ lb. (2 C.) dehydrated corn  
3/4 lb. cooked salt pork or venison  
2 C. cooked beans (red, kidney, or pinto beans)

Soak corn over night in enough water to cover the corn. Drain.

Add enough water to cover the corn about 1 inch, bring to a boil.  
Cover and simmer about 1 hour.

Add the cooked salt pork or meat and the beans. Simmer 1-2 hours.  
Add more water to cover the ingredients throughout the cooking process.

Servings: 12

Tribe: Oneida Nation

### **Nutrients per serving using salt pork:**

Calories:	305	Total fat:	23 g.
Carbohydrate:	21 g.	Saturated fat:	8 g.
Protein:	7 g.	Polyunsaturated fat:	3 g.
Sodium:	375 mg.	Cholesterol:	24 mg.

### **Nutrients per serving using venison:**

Calories:	150	Total fat:	2 g.
Carbohydrate:	21 g.	Saturated fat:	< 1 g.
Protein:	14 g.	Polyunsaturated fat:	< 1 g.
Sodium:	24 mg.	Cholesterol:	34 mg.

## **Hull Corn Soup**

### **Ingredients:**

4 (12 oz) cans hull corn  
2 lbs yellow eye beans  
½ lb salt pork cubed and fried  
salt to taste  
8 cups water

Combine beans and salt pork, cook until beans are done. Add hull corn and salt to taste, warm,

**Servings: 7**

**Tribe: Maliseet**

### **Nutrients per serving:**

Calories:	740	Total fat:	17 g.
Carbohydrate:	121 g.	Saturated fat:	6 g.
Protein:	35 g.	Polyunsaturated fat:	4 g.
Sodium:	1818 mg.	Cholesterol:	14 mg.

# FRUITS and SWEETS

## Corn Wasna

### Ingredients:

2 C. yellow cornmeal  
1 C. raisins  
1 ½ C. sugar  
1 C. plus 5 T. hot tallow with cracklings  
1 ½ C. nonfat dry milk  
1 tsp. salt

Heat cornmeal in a moderate oven until the cornmeal is very brown.

Mix cornmeal, sugar, fruit and salt together. Add the tallow and mix well. Press into a 8" X 8" pan and allow to cool.

Servings: 9

Tribe: Dakota

### Nutrients per serving:

Calories:	585	Total fat:	31 g.
Carbohydrate:	73 g.	Saturated fat:	15 g.
Protein:	6 g.	Polyunsaturated fat:	1 g.
Sodium:	335 mg.	Cholesterol:	35 mg.

## Wojapi

### Ingredients:

3 C. berries	3/4 C. sugar
2 1/4 C. water	3 T. cornstarch

Crush the berries but do not puree.

Mix berries with 1 1/2 C. of water. Bring to a boil, stirring occasionally. Lower to a simmer.

Add the sugar and mix. Mix the cornstarch with 3/4 C. water.

Add to the berry sauce. Cook about 4-5 minutes or until thickened. Stir constantly.

Servings: 12 servings (1/4 C.)

Tribe: Dakota

Note: Commonly served warm with fry bread. Traditionally suet was added.

### Nutrients per serving:

Calories:	76	Total fat:	0 g
Carbohydrate:	19 g	Saturated fat:	0 g
Protein:	0 g	Polyunsaturated fat:	0 g
Sodium:	3 mg	Cholesterol:	0 mg.

# MISCELLANEOUS

## Wild Rice

### Ingredients:

1 C. wild rice

4 C. water

1 tsp. salt

Wash wild rice thoroughly.

Put all ingredients in a large heavy saucepan and cover. Bring to a boil. Reduce heat to a simmer. Cook 45-60 minutes or until the rice is puffed. Fluff with a fork and cover. Let stand for 5 minutes.

Servings: 6

Tribe: Ojibwe

### Nutrients per serving:

Calories:	107	Total fat:	0 g
Carbohydrate:	23 g.	Saturated fat:	0 g
Protein:	4 g	Polyunsaturated fat:	0 g
Sodium:	391 mg	Cholesterol:	0 mg.

# EDIBLE PLANTS

## **CACTUS**

### **Cactus Pads**

**Harvesting:** Wear heavy gloves and use a sharp knife when cutting the pads from the cactus.

**Preparation:** Cactus pads can be prepared in several ways including:

- parboil them then peel and slice them. Boil in lightly salted water until tender. They can be eaten at this point or further cooked and used like chewing gum.
- roast the peeled, sliced pads.
- make a syrup of 2 C. sugar boiled in 1 C. water. Add 6 peeled, sliced cactus pads and cook until the syrup is absorbed. When dried the cactus can be eaten like candy. Another way is to boil the pads until they dissolve into a syrup. Sieve the syrup and discard and eat the rest like jelly.
- mash the pads into a pulp and form into cakes and allow to dry. The dried cakes can be fried or roasted.

### **Cactus Seeds**

The seeds can be dried and ground into a flour. This flour is often used to thicken stews, soups, puddings or fruit dishes. It behaves similar to tapioca.

## Cactus Fruit

Harvesting: Choose very ripe fruit; very red, plump prickly pears are the best. Under ripe fruit is very sour. Rub with grass to remove the bristles. They can be eaten raw and are better if the skin is removed.

Tribe: The Navajo Nation

### Nutrients per 1 oz. roasted cactus pad:

Calories:	4	Total fat:	0 g.
Carbohydrate:	1 g	Saturated fat:	0 g.
Protein:	<1 g.	Polyunsaturated fat:	0 g.
Sodium:	6 mg.	Cholesterol:	0 mg.

## Canaigre (*Rumex hymenosephalus*)

Canaigre is used for both food and medicine by desert Indians.

Preparation:

- Leaves can be roasted in ashes.
- The Navajo add the seeds to mush.
- Very young leaves can be boiled in 2 to 3 changes of water to reduce the natural bitter taste. They are then served with butter, or chopped and fried with mutton grease.

Tribe: The Navajo Nation

## **Ground Cherry (*Physalis pubescens*)**

Harvesting: They can be picked and left in their husks to ripen for several weeks.

Preparation:

They can be mixed with honey and used as a jam. They can be dried and ground into a flour. The flour is added to wheat flour in baking.

Tribe: The Navajo Nation

## **Hollowstomach/ Bristly Hidden Flower (*Cryptantha*)**

Preparation:

A tea is made from the plant

Tribe: The Navajo Nation

## **Manzanita (*Arctostaphylos pringlei*)**

A shrubby evergreen plant that grows in the southwest.

Preparation:

The berries were eaten raw or cooked, made into a jelly or crushed for a beverage. The seeds were ground for a mush.

Tribe: The Navajo Nation

## **Morman Tea (*Ephedra vididus*)**

This shrub is found in arid desert grasslands and sage country in the western U.S.

Preparation:

Tea: Roast the stems in a fire. Bring 1 C. water to a boil. Add 1 handful of stems. Remove the pot from the fire and let the tea steep for at least 20 minutes. Can be flavored with sugar, lemon, or honey.

Other uses: Many desert tribes chew the ephedra stems to reduce thirst when they were on the move and water was limited. A strong tea was used as a cure for syphilis. The Navajo boil the twigs and leaves with alum to produce a light tan dye.

Tribe: The Navajo Nation

## **Navajo Tea (Cota)**

Cota is found in the southwest on the grassy plains, mesas, and open woodlands. The plant is used to make teas by practically all Indians of this area of the U.S.

Preparation:

Submerge a bundle of fresh or dried cota in a pan of water and boil for 5 minutes or until tea is of appropriate strength.

Tribe: The Navajo Nation

## One Seed Juniper

### **Berries**

Preparation:

Berries can be eaten raw, roasted or ground into a meal and mixed with bread dough.

### **Branches**

Branches can be boiled into a tea. The tea is believed to help women regain their strength after childbearing.

### **Juniper Ash**

Preparation: Collect several juniper branches and a medium sized screen large enough to fit over a sauce pan. Prepare a medium sized fire. Place the screen over a saucepan. Top with some of the branches. Set fire to the bushy part of the juniper branches, but do not burn the twigs. The screen will keep large debris out of the ash. Pass a stick over the top of the screen as the ashes accumulate to push the ash through the screen.

Tribe: The Navajo Nation

## **Ostrich Fern (*Matteuccia struthiopteris*)**

### **Fiddleheads**

Fiddleheads are the young coiled fern leaves (about an inch in diameter) of the ostrich fern. Nearly all ferns have fiddleheads, but those of the ostrich fern are unlike any other. Fiddleheads are a Maine delicacy that appear in the early spring during late April and May.

**Harvesting:** The tender little roll of fern are removed from the plant almost as soon as they appear within an inch or two of the ground. The brown scales are carefully brushed out and removed.

### **Preparation:**

The “heads” are washed and cooked in a small amount of lightly salted boiling water for at least 10 minutes, or steamed for 20 minutes. They are served at once with melted butter or vinegar. They may be served like asparagus on toast, cooked or chilled. Fiddleheads can also be served as a salad with an onion and vinegar dressing.

**Tribe:** Maliseet

## **Prickly Pear (Opuntia phaeacantha) (Hosh)**

This cactus is found in the deserts of the southwest..

Harvesting: Pick the fruit with a forked stick. Remove the spines. Dry the pads in the sun. The Navajo legend says that a hair must be plucked from the gatherer's head so that the plant will yield the fruit without twisting its heart. The Navajo are careful when gathering foods to not offend the spirits that rule the plants which they believe have souls. Traditionally the Navajo believe that if the spirits are offended, it could result in starvation.

Preparation:

The pads can be eaten fresh or dried, or made into jellow or a fruit juice.

Tribe: The Navajo Nation

## **Rocky Mountain Beeweed (Cleome serrulata)**

This plant grows in the arid forests throughout the West.

Preparation:

- The Navajo dry the leaves and store them for winter.
- It is usually washed and drained three times to reduce the bitter taste, then hung to dry.
- The leaves are added to stew made of wild onions, wild celery and tallow or meat. Bread is then dipped into the stew and eaten.

Tribe: The Navajo Nation

## **Sego-Lily (Calochortus nuttali)**

The bulbs are eaten raw and the early Navajo ate them for food when other food was scarce.

Tribe: The Navajo Nation

## **Squash Blossoms**

Harvesting: The blossoms are picked just before they reach full bloom. The blooms are washed thoroughly and carefully inspected for the presence of bees. The blossoms can be hung upside down in a dry, airy location until well dry. They are crushed and mixed with a small amount of water to form a paste for healing.

Preparation:

30 blossoms	1 C. water
1/4 tsp. salt	

Blossoms are boiled in lightly salted water for about 10 minutes. They must not be boiled dry or overcooked. The final texture is that of cooked spinach.

Servings: 4

Tribe: The Navajo Nation

## **Tumbleweed (Salsola kali)**

Tumbleweeds are found throughout North America at elevations of 1500 to 8000 feet. As they mature they become large, round in shape and very thorny.

**Harvesting:** Tumbleweeds are picked for eating when they are only 2 to 3 inches in height. The sprouts appear after the first summer rains and grow very rapidly.

**Preparation:**

The sprouts are boiled and eaten buttered or with small portions of mutton fat. If the sprouts are very young, they can be chopped raw and added to salads.

**Tribe:** The Navajo Nation

## **Wild Carrots (Queen Anne's Lace)**

**Preparation:**

- The outer layer is peeled off, leaving the white inner part which can be eaten raw.
- They can be dried by tearing the root into strips and laid in the sun for a day or two. They are then ground.

**Tribe:** The Navajo Nation

## **Wild Onion (Allium cernuum)**

Wild onions are found in moist ground throughout the Southwest during the spring and summer.

Preparation:

- The bulbs are used like regular onions in stews, soups and gravies and cooked with other vegetables.
- The unpeeled bulbs can be roasted on a bed of medium hot coals, turning occasionally. When the bulbs are tender, the skin is punctured to let the steam escape. The centers are scooped out and salt and pepper is added.

Tribe: The Navajo Nation

## **Wolf Berry (Lycium pallidum)**

The bushes are found along the washes and on the dry slopes of desert and semideserts of the Southwest.

Preparation:

- The berries can be eaten raw or dried in the sun.
- The berries can be mashed with water to make a beverage or added to soups and stews.

Tribe: The Navajo Nation

Note: The leaves are chopped fine and used like chives in salads and sauces.

# OTHER SOURCES

Bachman-Carter, Karen, Roberta Duncan & Suzanne Pelican. 1998. *Navajo Food Practices, Customs, and Holidays*. 2<sup>nd</sup> Ed. Chicago, IL: The American Dietetic Association.

Bass, M.A. and L.M. Wakefield. 1974. Nutrient intakes and food patterns of Indians on Standing Rock Reservation. *Journal of the American Dietetic Association*. 64:36.

*The Cooking Post*. (<http://www.cookingpost.com>) (accessed: March 3, 2002)

Cox, Beverly and Martin Jacobs. 1991. *Spirit of the Harvest: North American Indian Recipes*. Stewart, Tabori and Chang.

*Great Lakes Intertribal Council Cookbook*.

Halderson, Karen. 1998. *Alaska Native Food Practices, Customs, and Holidays*. 2<sup>nd</sup> Ed. Chicago, IL: The American Dietetic Association.

*In the Three Sisters Garden: Native American Stories and Seasonal Activities for the Curious Child*. 1996. Dubuque, IA: Kendall-Hunt Publishing Co.

Jensen, Pia and Elizabeth Nobmann. 1994. *What's in Alaskan Foods*. Anchorage, AL: Alaska Area Native Health Service, Indian Health Service, U.S. Department of Health and Human Services.

Kimball, Yeffee and Jean Anderson. 2002. *The Art of American Indian Cooking*. Bernalillo, NM: The Pueblo of San Ana.

*Native American Recipes*. (<http://www.councilfire.com/ntvfoods.htm>). (accessed: April 12, 2002)

*Native Recipes.* (<http://www.kstrom.net/isk/food/recipes.html>) (accessed: April 20, 2002)

*NativeTech: Native American Technology and Art: Food and Recipes.* (<http://nativetech.org/NativeTech/food/>) (accessed: February 2, 2002)

Network of Instructional TV, Inc. 2001. *Native American Recipes* (<http://www.teachersfirst.com/summer/na-recipes.htm>) (accessed: March 20, 2002)

Oneida Nation. 2000. *Three Sisters Cookbook*. Oneida, NY: Oneida Indian Nation.

*RecipeSource: Native American Recipes* (<http://www.recipesource.com/ethnic/americas/native>) (accessed: April 12, 2002)

Smith, Cynthia, Sally Schakel & Robert Nelson. 1991. Selected traditional and contemporary foods currently used by the Pima Indians. *Journal of the American Dietetic Association*. 91:338-341.

Toma, R.B. and M.L. Curry. 1980. North Dakota Indians' traditional foods. *Journal of the American Dietetic Association*. 76:589-590.

Woolf, Nonie, Kibbe Conti, Charlene Johnson, Virginia Martinez, Jody McCloud, and Elenora Zephier. 1999. *Northern Plains Indian Food Practices, Customs, and Holidays*. Chicago, IL: The American Dietetic Association.